

# Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336

## TIPS FOR SUCCESSFUL SHIFT WORK

### SLEEP

Environment should be dark, cool, sound proof, and uninterrupted.

Plan a sleeping pattern and try to be consistent.

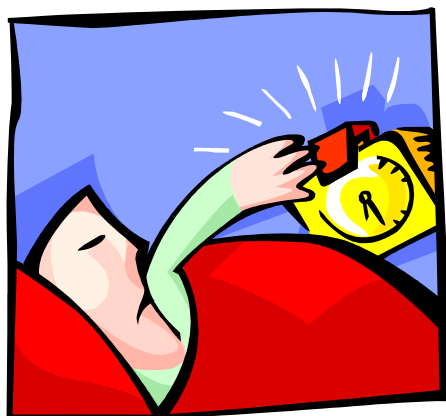
Avoid inconsistent napping.

Don't force sleep.

Allow adequate time for sleep.

Prepare yourself for shift changes

Avoid sleeping pills and alcohol.



### NUTRITION

Eat one daily meal with family.

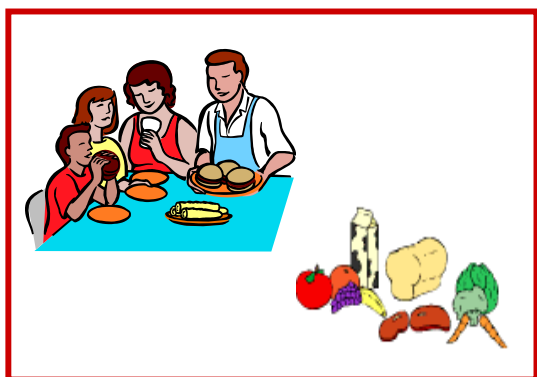
Eat more carbohydrates as you approach bedtime and less protein and fats.

Sleep with light foods in stomach.

Avoid excessive fluids before sleep.

Eat three healthy meals daily.

Avoid spicy or greasy foods, especially when starting night work.



### SOCIAL LIFE

Talk to family about adjustments.

Ask for support.

Discuss house safety.

Have a family calendar which includes activities and sleep times.

Plan quality time to compensate for times you can't be there.

Surprise spouse with love gestures.

Work at keeping sex life enjoyable.

Keep physically active.

